



ARKANSAS WIC PROGRAM

# APPROVED FOOD LIST



For more information, contact the WIC State Office at  
(501) 661-2508, 1-800-235-0002, your local health unit  
or [www.healthyarkansas.com/wic](http://www.healthyarkansas.com/wic).

# Infant Foods



## INFANT FRUITS AND VEGETABLES (4 OZ JARS ONLY)

- Beechnut Applesauce
- Beechnut Butternut Squash
- Beechnut Chiquita Banana
- Beechnut Peaches
- Beechnut Pears
- Beechnut Tender Golden Sweet Potatoes
- Beechnut Tender Sweet Carrots
- Beechnut Tender Sweet Peas
- Beechnut Tender Young Green Beans
- Gerber Applesauce
- Gerber Bananas
- Gerber Carrots
- Gerber Green Beans
- Gerber Pears
- Gerber Peas
- Gerber Squash
- Gerber Sweet Potatoes
- Nature's Goodness Applesauce
- Nature's Goodness Bananas
- Nature's Goodness Carrots
- Nature's Goodness Green Beans
- Nature's Goodness Pears
- Nature's Goodness Squash
- Nature's Goodness Sweet Peas
- Nature's Goodness Sweet Potatoes

## INFANT MEATS (2.5 OZ JARS ONLY)

- For Exclusively Breastfeeding Infants only
  - Beechnut Beef & Beef Broth
  - Beechnut Chicken & Chicken Broth
  - Beechnut Turkey & Turkey Broth
  - Gerber Beef & Beef Gravy
  - Gerber Chicken & Chicken Gravy
  - Gerber Ham & Ham Gravy
  - Gerber Lamb & Lamb Gravy
  - Gerber Turkey & Turkey Gravy
  - Gerber Veal & Veal Gravy

## INFANT FORMULA

- Type and amount to be issued is printed on WIC check
- No exchange or substitutions

**Not Allowed:** Low iron formula or any brand not listed on WIC check

## INFANT CEREAL

- 8 oz box–dry, plain, unflavored (Beechnut, Gerber, or Nature's Goodness) Rice, Barley, Oatmeal

**Not Allowed:** Cereal with fruit or fruit flakes, high protein, mixed or individual servings

# Milk & Cheese



## MILK

- Least expensive brand available at the time of purchase
- Vitamin D or A/D fortified
- Milk type must be specified on WIC check
  - Fat Free, Skim or Non-fat
  - Low Fat, Light, or 1%
  - Reduced Fat or 2%
  - Milk (Whole) [Word “WHOLE” does not appear on label]
  - Evaporated
  - Skim Evaporated
  - Non-fat Dry (Not to exceed number of ounces listed on WIC check)
  - Acidophilus
  - Nutrish A/B
  - Dairy Ease (Whole, Reduced Fat, or Fat Free)
  - Lactaid (Whole, Reduced Fat 2%, Low Fat 1%, or Fat Free)

**Not Allowed:** “Deluxe”, “Plus”, organic, flavored, sweetened-condensed, non-dairy, goat's milk, Copy Cow, or Vitamite

## SOY-BASED BEVERAGE

- 8th Continent Soy Original
- Pacific Ultra Soy Plain
- Pacific Ultra Soy Vanilla

## CHEESE

- Least expensive brand available at the time of purchase within variety selected
- 14-16 oz package if available in variety selected
- Two 7-8 oz packages may be substituted if 14-16 oz package not available OR more than one variety is selected
- Total amount not to exceed amount listed on WIC check
- Individually wrapped slices are allowed if least expensive at time of purchase for variety selected
- Deli allowed only if pre-packaged blocked or sliced is not available for variety selected

## Regular or Low-fat Cheese

- American
- Cheddar
- Colby
- Mozzarella

**Not Allowed:** Cheese foods, cheese products, whips or spreads, shredded, grated, smoked, cubed, blended, crumbled, or imported

# Grains



## **TORTILLAS–16 OZ PACKAGES ONLY**

- Best Choice 100% Whole Wheat Tortillas
- Best Choice Tortillas, Corn
- Chi Chi's Whole Wheat Tortillas
- Don Pancho White Corn Tortillas
- Don Pancho Whole Wheat Tortillas
- Happy Products Corn Tortillas
- Happy Products Whole Wheat Tortillas
- La Banderita Corn Tortillas
- La Banderita Whole Wheat Tortillas
- La Burrita Corn Tortillas
- Mission Yellow Corn Tortillas Extra Thin
- Santa Fe White Corn Tortillas
- Santa Fe Whole Wheat Tortillas

## **OATMEAL–16 OZ CONTAINER ONLY**

- Crystal Wedding Oats
- Malt-O-Meal
- Mom's Best Naturals Quick Oats

## **BROWN RICE–16 OZ PACKAGE ONLY**

- Any Brand: Plain brown rice in boxes or bags; may be instant, quick, or regular cooking

## **BREAD–16 OZ PACKAGE ONLY**

- Best Choice 100% Whole Wheat Bread
- Bunny 100% Whole Wheat Bread
- Nature's Own 100% Whole Grain Sugar Free Bread
- Ozark Hearth Whole Wheat Bread
- Pepperidge Farm Whole Grain Seeded Rye Bread
- Pepperidge Farm Stone Ground 100% Whole Wheat Bread
- Pepperidge Farm Very Thin Sliced Soft 100% Whole Wheat Bread
- Pepperidge Farm Whole Wheat Cinnamon with Raisins Swirl Bread
- Roman Meal Sungrains 100% Whole Wheat Bread
- Sara Lee Classic 100% Whole Wheat Bread
- Wonder Soft 100% Whole Wheat Bread

## **CEREAL**

- Any combination of the following cereals not to exceed number of ounces listed on the WIC check

### **Cold**

#### **GENERAL MILLS**

- Cheerios Plain
- Cheerios Multigrain
- Chex Corn
- Chex Rice
- Chex Wheat
- Kix Plain
- Kix Honey
- Wheaties

#### **KELLOGG'S**

- Corn Flakes
- Frosted Mini Wheats Big Bite
- Frosted Mini Wheats Bite Size
- Mini-Wheats Original

#### **MALT-O-MEAL**

- Mini Spooners Frosted Original
- Mini Spooners Strawberry Cream

#### **POST**

- Banana Nut Crunch
- Bran Flakes
- Grape Nut Flakes
- Grape Nut Nuggets
- Honey Bunches of Oats Vanilla Clusters

#### **QUAKER**

- Life Plain
- King Vitamin
- Oat Bran
- Oatmeal Squares–Hint of Brown Sugar
- Oatmeal Squares–Cinnamon

### **Hot**

#### **NABISCO**

- Cream of Wheat Instant
- Cream of Wheat 1-Minute
- Cream of Wheat Whole Grain 2 1/2-Minute

#### **QUAKER**

- Instant Grits (Original flavor) (individual packets)
- Quick Grits
- Regular Grits
- Instant Oatmeal (Original flavor) (individual packets)

#### **MALT-O-MEAL**

- Malt-O-Meal Quick Cooking Hot Wheat Cereal Original
- Malt-O-Meal Quick Cooking Hot Wheat Cereal Chocolate

# Vegetables & Fruits



# Protein



## VEGETABLES & FRUITS

- The Cash Value Benefit (CVB) can be issued to only purchase fruits and vegetables
- Purchases can be made for greater than the value of the Cash Value Benefit, but participants must pay the difference
- Purchases can be made for less than the value of the Cash Value Benefit, but participants will not be given any change
- Household members' Cash Value Benefits may be combined together to make a larger fruit & vegetable purchase

## FRESH VEGETABLES & FRUITS

- Any variety of fresh vegetables and fruits. No potatoes except sweet potatoes and yams
- Salad mixtures, vegetables, or fruits in bags or containers

**Not Allowed:** White potatoes; items from a salad bar; party trays; fruit baskets; nuts; fruit/nut mixtures; herbs; spices; salad dressings; salad kits or salad mixtures containing salad dressing, croutons, etc.

## FROZEN VEGETABLES

- Any brand plain vegetable, plain vegetable mixtures without white potatoes
- Any package type (bag or box)
- Any size
- With or without salt

**Not Allowed:** White potatoes or potato mixtures (except for sweet potatoes or yams); French fries; tator tots; hash browns; vegetables with sauces, seasoning, flavoring or breading; vegetables mixed with pasta, rice or any other non-vegetable ingredient

## FROZEN FRUIT

- Any brand plain fruit or plain fruit mixtures with no added sugar
- Any package type (bag, box, or tub)
- Any size

**Not Allowed:** Ingredients other than fruit (including sugar)

## EGGS

- Least expensive brand available at the time of purchase
- Dozen containers only
- Large White Grade A or AA only

**Not Allowed:** Eggland's Best, Cage Free, Brown, or Organic

## PEANUT BUTTER—must be specified on check

- 18 oz jar—any brand, creamy or crunchy

**Not Allowed:** "Plus" or peanut butter combinations

## FISH—must be specified on check

- For Exclusively Breastfeeding Mothers only
  - Chunk Light Tuna in Water
  - Pink Salmon
  - Sardines (any flavor)
- May contain bones and skin
- Canned fish only
- Any brand and any combination of fish types and can sizes not to exceed number of ounces listed on WIC check

**Not Allowed:** Albacore or smoked-flavored tuna, breast of tuna, tuna spread, tuna in oil, or low salt/low fat tuna, blueback salmon, red salmon, flavored tuna or flavored salmon

## DRY BEANS

- 1 lb bag, any kind, plain, unseasoned mature dry beans, peas, or lentils

**Not Allowed:** Mixed Beans

## CANNED BEANS—14-16 oz cans

- Least expensive brand within chosen variety at time of purchase
  - Allens Purple Hull Peas
  - Allens Lima Beans
  - Always Save Blackeye Peas
  - Always Save Great Northern Beans
  - Always Save Pinto Beans
  - Always Save Red Kidney Beans
  - Best Choice Black Beans
  - Best Choice Blackeye Peas
  - Best Choice Dark Red Kidney Beans
  - Best Choice Garbanzo Beans
  - Best Choice Great Northern Beans
  - Best Choice Lima Beans
  - Best Choice Pinto Beans
  - Best Choice Red Beans
  - Bush's Best Baby Butter Beans
  - Bush's Best Black Beans
  - Bush's Best Blackeye Peas
  - Bush's Best Crowder Peas
  - Bush's Best Dark Kidney Beans

## Protein – continued

- Bush's Best Garbanzo Beans
- Bush's Best Great Northern Beans
- Bush's Best Large Butter Beans
- Bush's Best Light Kidney Beans
- Bush's Best Navy Beans
- Bush's Best Pinto Beans
- Bush's Best Purple Hull Peas
- Bush's Best Red Beans
- Bush's Best Speckled Butter Beans
- Bush's Best White Kidney Cannellini Beans
- Bush's Showboat Blackeye Peas
- Clear Value Blackeye Peas
- Clear Value Great Northern Beans
- Clear Value Pinto Beans
- Del Monte Lima Beans
- Food Club Black Beans
- Food Club Blackeye Peas
- Food Club Butter Beans
- Food Club Garbanzo Beans
- Food Club Great Northern Beans
- Food Club Lima Beans
- Food Club Navy Beans
- Food Club Pinto Beans
- Food Club Purple Hull Peas
- Great Value Black Beans
- Great Value Blackeye Peas
- Great Value Dark Red Kidney Beans
- Great Value Great Northern Beans
- Great Value Light Red Kidney Beans
- Great Value Pinto Beans
- Great Value Red Beans
- Halstead Acres Blackeye Peas
- Halstead Acres Butter Beans
- Halstead Acres Dark Red Kidney Beans
- Halstead Acres Great Northern Beans
- Halstead Acres Green & White Limas
- Halstead Acres Light Red Kidney Beans
- Halstead Acres Pinto Beans
- IGA Dark Red Kidney Beans
- IGA Great Northern Beans
- IGA Large Butter Beans
- IGA Red Beans
- Joan of Arc Black Beans
- Joan of Arc Dark Red Kidney Beans
- Joan of Arc Light Red Kidney Beans
- Kroger Black Beans
- Kroger Blackeye Peas
- Kroger Cannellini Kidney White Beans
- Kroger Chick Peas
- Kroger Great Northern Beans
- Kroger Kidney Dark Red
- Kroger Kidney Light Red
- Kroger Pinto Beans
- Kroger Red Beans
- Kroger Small Lima Beans
- La Preferida Black Beans
- La Preferida Chick Peas
- La Preferida Pinto Beans
- La Preferida Refried Beans, Fat Free
- Libby's Lima Beans
- Progresso Black Beans
- Shurfine Black Beans
- Shurfine Blackeye Peas
- Shurfine Dark Red Kidney Beans
- Shurfine Garbanzo Beans
- Shurfine Great Northern Beans
- Shurfine Lima Beans
- Shurfine Navy Beans
- Shurfine Pinto Beans
- Shurfine Purple Hull Peas
- Shurfine Red Beans
- Van Camp's Dark Red Kidney Beans

## Notes

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- Least expensive brand at the time of purchase
- Women may receive any variety of flavors and any combination of type (frozen concentrate, non-frozen pourable concentrate, or 46 ounce single strength) per WIC check
- Children may receive any combination of flavors within the 64 ounce single strength juices
- 100% pure juice

64 oz Plastic Bottle Single Strength

APPLE

- Always Save
- Apple and Eve
- Apple and Eve Big Bird
- Best Choice
- Best Choice Unsweetened
- Great Value
- Happy Products
- HEBuddy
- IGA
- Indian Summer
- Juice Colors Yellow
- Kroger
- Langers
- Lucky Leaf Premium
- Musselman's Premium
- Old Orchard 100%
- Seneca
- Shurfine 100%
- Tipton Grove
- Tree Top

GRAPE  
Purple

- Bay Mist
- Best Choice
- Food Club Purple
- Great Value
- Kroger
- Langers
- Old Orchard 100%
- Parade
- Shurfine 100%
- Shurfine Premium
- Welch's

White

- Apple and Eve Grover
- Best Choice
- Food Club
- Great Value
- Happy Products
- Kroger
- Old Orchard 100%
- Shurfine 100%
- Shurfine Premium
- Welch's

ORANGE

- All brands qualify if 100% juice
- Calcium Fortified must be specified on check

PINEAPPLE

- All brands qualify if 100% juice

GRAPEFRUIT

- All brands qualify if 100% juice

BLENDED

- Apple and Eve Bert and Ernie Berry
- Best Choice Berry
- Best Choice Cherry
- Food Club Juice A-Lot (all flavors except punch)

- Happy Products Apple Mango
- Happy Products Apple-Passion-Mango
- Happy Products Cherry Grape
- Happy Products Orange Pineapple
- Happy Products Pineapple Mango
- Juicy Juice (all flavors except punch)
- Old Orchard Berry Blend
- Old Orchard Kiwi Strawberry
- Old Orchard Wild Cherry
- Shurfine Juice A-Lot (all flavors except punch)

VEGETABLE

- Best Choice
- Food Club
- Garden Feast
- Great Value
- Shurfine
- V-8 Low Sodium
- V-8

TOMATO

- Best Choice
- Food Club
- Great Value
- Shurfine

11-12 oz Frozen Concentrate

APPLE

- Always Save
- Best Choice
- Great Value
- Hytop
- IGA
- Kroger
- Minute Maid
- Old Orchard Apple
- Piggly Wiggly
- Seneca
- Shurfine
- Tree Top

GRAPE  
Purple

- Best Choice
- Great Value
- Hytop
- Kroger
- Old Orchard Grape
- Seneca
- Shurfine
- Welch's

White

- Old Orchard White Grape
- Welch's

ORANGE

- All brands qualify if 100% juice
- Calcium Fortified must be specified on check

PINEAPPLE

- All brands qualify if 100% juice

GRAPEFRUIT

- All brands qualify if 100% juice

# Juice – continued

## BLEND

- Old Orchard Apple Cherry
- Old Orchard Apple Kiwi Strawberry
- Old Orchard Apple-Passion-Mango
- Old Orchard Apple Raspberry
- Old Orchard Apple Strawberry Banana
- Old Orchard Pineapple Orange Banana

11.5 oz Non-Frozen Pourable Concentrate

## APPLE

- Mott's
- Welch's

## GRAPE

- Purple
- Welch's

## White

- Welch's

## BLEND

- Juicy Juice (all flavors except punch)
- Welch's

46 oz Cans or 46 oz Plastic Bottles Single Strength

## APPLE

- |                  |              |
|------------------|--------------|
| • Best Choice    | • Kroger     |
| • Big Tex        | • Lucky Leaf |
| • Great Value    | • Shurfine   |
| • Happy Products | • Seneca     |
| • Hytop          | • Textsun    |
| • IGA            |              |

## GRAPE

- Purple
- |               |            |
|---------------|------------|
| • Great Value | • Shurfine |
| • Seneca      | • Welch's  |

## White

- Happy Products
- Welch's

## GRAPEFRUIT

- All brands qualify if 100% juice

## PINEAPPLE

- All brands qualify if 100% juice

## ORANGE

- All brands qualify if 100% juice
- Calcium Fortified must be specified on check

## BLEND

- Food Club Juice A-Lot (all flavors except punch)
- Happy Products Apple Cherry Grape
- Happy Products Apple Mango
- Happy Products Apple-Passion-Pineapple
- Happy Products Orange Pineapple
- Juicy Juice (all flavors except punch)
- Shurfine Juice A-Lot (all flavors except punch)

## VEGETABLE

- |               |            |
|---------------|------------|
| • Best Choice | • Kroger   |
| • Great Value | • Shurfine |
| • Hytop       | • V-8      |
| • IGA         |            |

## TOMATO

- |                  |               |
|------------------|---------------|
| • Best Choice    | • Great Value |
| • Del Monte      | • Hytop       |
| • Diane's Garden | • Shurfine    |

**Not Allowed** for any type juice (frozen concentrate, non-frozen pourable concentrate, or single strength): Cocktails, punches, fruit or juice drinks, ades or blended juices other than noted above

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